

Bhagavad Gita, Chapter 1 (1 of 2, part 1) **The Yoga of Dejection**

Welcome everyone. If it is comfortable and feels right, you can Namaste to each person and make eye-contact, welcoming each person into the room.

Introduce yourself, and your purpose and intention for the class. Explain briefly that this class is based on the 25 videos on Sat Shree's direct revelation of the Bhagavad Gita. Explain how this series is different than most commentaries because it is a direct revelation, a living experience of the unfolding of consciousness that is purposeful and that can be experienced by each of us. And as we explore these videos we will each find ourselves awakening more and more to the truth that we each are.

Invite each person to introduce themselves and say a little bit about why they are there, what is their experience with Sat Shree, if any, and what do they know about the Bhagavad Gita.

[If the group seems open to it you can also talk about how the power of the Gita is strengthened through a living teacher who is using the Gita as his or her structure for teaching. The consciousness of the teacher empowers the Gita—turns it on. People who link with that teacher access the universal energies of the Gita. There are many who are linking with Sat Shree in this way although they may never meet him physically. They begin to build a direct connection to this universal archetypal force. It descends and empowers the quality of consciousness that they are. It is not a dogma or a religion. It is in fact a living truth, a description of what happens for every evolving soul on his or her return journey. Nothing else is required to grow that divine principle within you except sincerity and aspiration. If you have that, and if you have a modality like the Gita that truly works, then wherever you are you will be nurtured on your own journey, your own unfolding.]

Set the tone and go over the guidelines. In your own words, describe the intention and the tone and the space that you hold for the class. Refer to the Guidelines for Facilitating a Gita Study Group.

Give an overview of what you will cover in this first class.

This first class will give us a broad overview of the Journey of Consciousness and set the context for the Bhagavad Gita that is the final stage on the Journey of Consciousness. This class is unusual in that it will have more content, more material for the mind, than most of the classes. Most classes will include more of each of our own experiences, as well as an understanding of these experiences. But this is useful information in understanding the overall journey of awakening that each of us are

on and it does present the backdrop for what we are about to embark upon.

There are two handouts for this class. One is a graphic that Sat Shree created that depicts the entire Journey of Consciousness. We will refer to this a lot so don't worry about the details. And there is a handout that describes in more detail the stages of this Journey and the Gita's Map of Awakening that locates the Gita on the overall Journey and describes its stages.

We are going to begin by watching the first 14 minutes of the video where Sat Shree gives an overview of what the Gita is and this journey that we are all on. He refers to the graphic so you can follow along with that. And after we watch this short section we can look more closely at the handout about the Journey of Consciousness. We will be coming back to this throughout the class. It takes time to begin to grasp all that is contained in this map. Also we will look more closely at the stages of the Gita and begin explore what it means to awaken.

[Start video at the beginning and end at 14:12, "That's where we are starting this story."]

Some Possible Questions (also add your own questions) :

- Are there any questions about the handout, The Journey of Consciousness, remembering that we will come back to this many times? (Each group facilitator will handle this in their own way, depending on how interested they are in this graphic and the presentation of this material. Probably the awareness types will spend some time with this and the experiential types will move on to talking about the experiences of the stages of the Gita.)
- Next we will look at the handout, The Gita's Map of Awakening. In the video Sat Shree briefly described these stages. The first stage which takes one to the Self, the soul, begins with dejection. In our next class we will look at what that is, what are the symptoms, and how they differ from depression. All of us in this room are in the process of disentangling from our identity with our personalities, our stories, our thoughts, our feelings, our bodies and developing a witnessing perspective. Would anyone like to share your experiences with this? In what ways have you come to know that you are not your thoughts, but that which has thoughts, or you are not your feelings but that which has feelings, you are not your body but that which has a body?
- Sat Shree talked about a force or current of truth consciousness which is called Satchitananda. As we disengage from matter it flows more freely through each of us. This is the source of all spiritual experiences. In what ways have you experienced this force or this current?

To get the most out of these classes Sat Shree recommends that before each class

you read in the Gita the chapter that we will be discussing. And preferably you even write it to connect yourself with what stands out for you. And perhaps write down the questions that come up for you.

Next week we will begin with reading the first chapter of the Gita, The Yoga of Dejection. This is a human story about a warrior, Arjuna, who is on the battlefield with his charioteer, Krishna. Arjuna represents the seeker in each of us and Krishna represents the divine guidance that also exists within each of us. We will begin to explore how we are all a part of a natural evolutionary process and how we resist and create blockages to that process and the role that dejection plays in this process. Perhaps during the week you can think about times in your life when you felt dejected or defeated and what that revealed to you.

Om Tat Sat